

A report on Stress Management_ Bharat Ka Raj Yog workshop conducted on 4th April 2024

Faculty of Engineering & Technology Organizes

STRESS MANAGEMENT: BHARAT KA PRACHIN RAJYOG

Guest Speaker

Thursday
04 April, 2024

02:00 PM
Onwards

Venue:
Chaksu Campus

Faculty Co-ordinators
Dr. Amit Goswami
Mr. Surendra Bisnoi
Mr. Raj Kumar Sharma

Website : www.jagannathuniversity.org

Email: info@jagannathuniversity.org

PBK. Amol Vasant Kokane
Advocate
Supreme Court &
Delhi High Court

On 4th April 2024, Faculty of Engineering and Technology of Jagan Nath University conducted a workshop on stress management for all the students of B Tech, Diploma, BCA and MCA. Around 350 students participated in the stress Management workshop.

At the outset Prof. (Dr.) Renu Bagoria TIC CSE, welcomed external expert and all the members came for stress management workshop. Prof. (Dr.) Om Prakash Sharma, Pro-President and Dean Faculty of Engineering and Technology in his address advocated that in today's fast-paced world, stress has become an inevitable part of life, especially for professional students who juggle academic responsibilities, internships, social life, and personal commitments. Stress not only affects their mental and emotional well-being but also impacts their academic performance and overall quality of life. In such a scenario, ancient practices like Bharat Ka Raj Yog offer valuable techniques for stress management and holistic well-being. On behalf of the management and Faculty of Engineering and Technology he extended a warm welcome to Amol Bhai and all the external members.

Amol Bhai in his brief introduction narrated that Bharat Ka Raj Yog, also known as the Royal Path of India, is a holistic approach to living a balanced and fulfilling life. It encompasses various practices such as yoga, meditation, mindfulness, and self-awareness. These practices are deeply rooted in ancient Indian wisdom and have been time-tested for their effectiveness in managing stress and promoting overall well-being.

The workshop started at 2.30 PM with deep sadhana by the external expert Amol Bhai and his team. In the introductory part of the Stress Management Amol Bhai highlighted the Benefits of Bharat Ka Raj Yog for young professional students. **The key take away of the stress management workshop were;**

- **Improved stress management:** Bharat Ka Raj Yog equips professional students with effective tools and techniques to manage stress and maintain a balanced lifestyle.
- **Enhanced focus and concentration:** Regular practice of yoga, meditation, and mindfulness improves concentration and cognitive function, thereby enhancing academic performance.
- **Better physical and mental health:** Bharat Ka Raj Yog promotes overall well-being by reducing stress, anxiety, and depression and improving physical health markers such as blood pressure, heart rate, and immune function.
- **Increased resilience:** By cultivating self-awareness and mindfulness, professional students develop resilience to navigate challenges and setbacks effectively.

Amol Bhai finally concluded that by incorporating practices such as yoga, meditation, mindfulness, and self-awareness into their daily lives, students can effectively manage stress, enhance academic performance, and lead a fulfilling life.

The workshop was successfully coordinated by Dr. Amit Goswami, Mr. Raj Kumar Sharma, Mr. Surendra Bisnoi and Ms. Preeti Vashistha.